

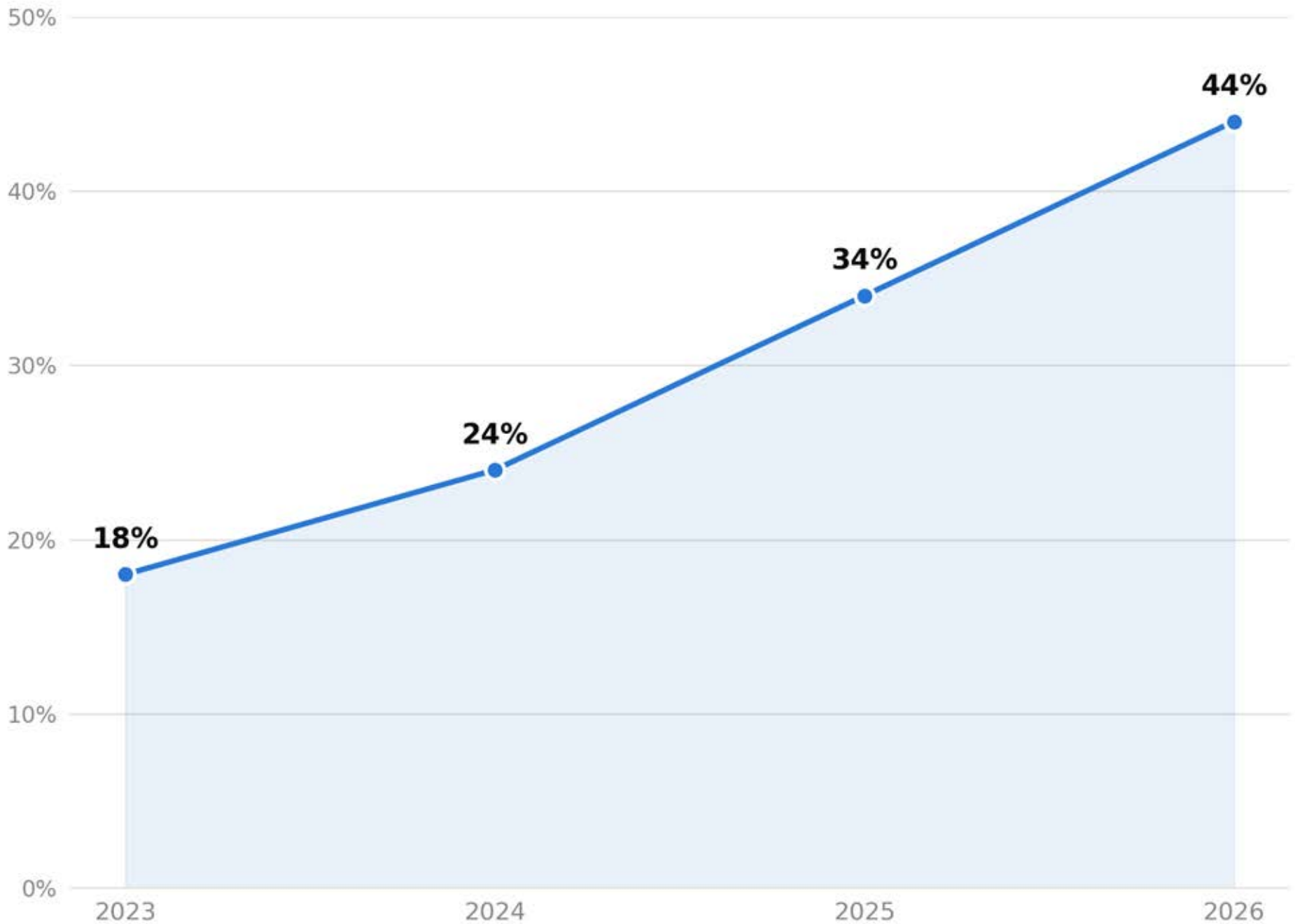
49%

U.S. adults who use
AI chatbots

77%

Psychologists whose patients
discuss using AI for support

ChatGPT use among U.S. adults



Source: Pew Research Center, Americans and AI 2026; APA 2026 Chatbots and Mental Health Survey